

2018 Washington State Governor's Cup Taekwondo Championship

Official Tournament Rules and Regulations

Rules and regulations apply to all participants including: volunteers, staff, vendors, competitors, coaches, masters, instructors, guests and spectators. Failure to comply will result in removal from the event and property without refund, loss of decision, loss of medal or awards, legal actions taken or other penalty. Organizing Committee, Tournament chairman and directors will enforce the rules and regulations of this event.

1. Participants will always show respect, sportsmanship and goodwill to themselves and all participants of the event.
2. Participants will not harass, threaten or physically or verbally assault persons. They will be respectful to those around them.
3. Participants will not act in an illegal or inappropriate way.
4. Participants will always compete, coach and participate with fair play and present themselves in a truthful manner and will not disguise their belt rank, weight class or age. Falsifying personal information will not be tolerated
5. Participants will use and wear the approved, required and appropriate gear and present themselves in a respectable manner which is non-offensive or safety hazard.
6. Participants will be of sound mind, clean hygiene and always act in a safe manner dictated by the sport and martial arts of taekwondo.
7. Participants will not use or be in the possession of illegal drugs (including performance enhancing drugs), tobacco, marijuana, e-cigarette or similar device or alcohol at the event or on site.
8. Participants will not bring in any firearms, knives or weapons into the event (except for use for approved demonstration purposes).
9. Participants will not conduct themselves in an unprofessional manner including physical or verbal abuse of themselves or those around them or to distract a competitor during competition.
10. Participants will only compete in one division per event with maximum of four events total. No refund shall be given.
11. Participants will not defame, damage or take property belonging to event facility or organizers.
12. Participants will not obstruct viewing of others around them, block walkways, hang legs off railing or enter restricted areas (including staging and competition floor when not authorized to do so).
13. Participants who are required will have correctly and truthfully sign waivers and competition/coaching registration.
14. Participants will always show respect and follow instructions from the Washington State Governor's Cup directors, staff and officials while attending and participating at the event.

Individual Traditional Taekwondo Forms (Poomsae) Competition Rules

- Each participant will compete with two competitors in the ring separated by equal distance.
- If there are an odd number of competitors in the division judges will determine randomly who will compete as single competitor in the ring.
- Competitors will be judged on power, speed, control, flexibility, stance, focus, expertness and kihap.
 - Judge 1: Scoring taekwondo spirit,
 - Judge 2: Scoring accuracy of poomsae,
 - Judge 3: Technical skills/ timing.
- Competitors may earn up to 10 points from each judge (3 judge panel) with 30 being highest an individual can earn and highest score winning.
- In case of a tie for first place, a tie breaking round will be held between the tied competitors. Judging will be based on hand signals with participant who receives best out of 3 judges winning the tie break.
- Forms competitors may perform WT style taekwondo forms
 - **White Belt:** Chunji / White Belt Form
 - **Yellow Belt:** Taegeuk 1 or 2
 - **Green Belt:** Taegeuk 1, 2, 3 or 4
 - **Blue Belt:** Taegeuk 3, 4, 5 or 6
 - **Red Belt:** Taegeuk 4, 5, 6, 7 or 8
 - **Black Belts:** Refer to Designated Poomsae List.
 - Designated Poomsae List will be posted no later than that week of event.
 - Black Belt Poomsae Competitors must wear approved WTF Poomsae Uniforms.
 - Bracket format will be used for 10-11(Youth), 12-14(Cadet), 15-17(Junior), 18-32(Senior) Divisions.
 - A different poomsae will be assigned to each round in the Bracket format.
 - Judging will be based on hand signals with participant who receives best out of 3 judges winning and moving to next round.
- Competitors may only register for one individual poomsae division.
- Awards will be given only to the 1st, 2nd and two 3rd place competitors.

Pairs, Team & Family Traditional Taekwondo Forms (Poomsae) Rules

- Pairs poomsae will have two members in matching uniforms
- Team poomsae will have three members in matching uniforms.
- Family team poomsae may have minimum two and maximum five members of same family.
- Teams divisions and poomsae performed will be based on the lowest belt rank in the team.
- Teams and pairs can be same or mixed gender combination.
- Competitors will be judged on power, speed, control, flexibility, stance, focus, expertnes, kihap, group presentation, rhythm and unity of team performance.
 - Judge 1: Scoring taekwondo spirit,
 - Judge 2: Scoring accuracy of poomsae,
 - Judge 3: Technical skills/ timing.
- Scoring will be from 1-10 points with 30 points being the highest a team can receive from 3 judges.
- In case of a tie for first place, a tie breaking round will be held between the tied teams. Judging will be based on hand signals with the team that receives best out of 3 judges winning the tie break.
- Teams must register individual applications online, but must register a unique “team” name correctly and match with other members of the team.
- Team members cannot be changed on the day of competition.
- Team Forms competitors may perform WT style taekwondo forms.
 - **White Belt:** Chunji / White Belt Form
 - **Yellow Belt:** Taegeuk 1 or 2
 - **Green Belt:** Taegeuk 1, 2, 3 or 4
 - **Blue Belt:** Taegeuk 3, 4, 5 or 6
 - **Red Belt:** Taegeuk 4, 5, 6, 7 or 8
 - **Black Belts:** Koryo– Hansu,
- No props or music allowed.
- Points will be deducted or teams disqualified if team members are missing from competition or if team is over the maximum number of members
- Team and Individual competitors can only compete in one team division choosing either Pairs, Team, Family Division.
- Awards will be given only to the 1st, 2nd and a single 3rd place team only.

Board Breaking (Kyupa) Competition Rules — Creative Break (open to all Age Groups)

- Participants have 60 secs to set up and 60 secs to execute their breaks.
- All boards will be demo boards.
 - **White Belts:** 3 Boards
 - **Yellow Belt:** 3 Boards
 - **Green Belt:** 5 Boards
 - **Blue Belt:** 5 Boards,
 - **Red Belt:** 7 Boards
 - **Black Belts:** 7 Boards
- Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee, medical staff or staging director must approve any injuries that may need to be covered.
- Props CANNOT be used, and boards cannot be altered. (For example, board fragments cannot be put on the top of the board to create an unfair advantage.)
- Participants must provide their own holders. Holders will ONLY be allowed on the competition floor during the participant's event and will require board holder pass for each competitor they hold for and it will be taken by referee prior to start of breaking. Holders are required to follow all rules or be removed from competition floor.
 - There are no uniform requirements for board holders. (However, a taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment and follow rules and regulation.)
 - ONLY martial arts shoes are allowed on the mats by board holders.
- Broken boards may not be replaced on the 2nd or 3rd attempt.
- Deductions include:
 - participant exceeds the 60-second time limit for setup
 - participant exceeds the 60-second time limit for execution,
 - participant exceeds the maximum number of attempts per break, may attempt 3 times to break a board.
 - participant crosses outside ring and goes out of bounds
 - unsportsmanlike conduct.
- Competitors will be judged on power, speed, control, flexibility, creativity, accuracy, difficulty and kihap.
 - Judge 1: Scoring taekwondo spirit,
 - Judge 2: Performance / Breaking routine/ difficulty,
 - Judge 3: Penalties and missed/ fail attempts.
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- Competitors may earn up 10 points from each judge (3 judge panel) with 30 being highest an individual can earn and highest score winning.
- In case of a tie, a golden point break off tie breaker will be conducted.
 - Tied competitors will be given a single demo board. Each competitor will receive 30 seconds to attempt a break of their choosing with their holders.
 - Judging will be based on hand signals with the competitor that receives best out of 3 judges winning the tie break.
- Awards will be given only to the 1st, 2nd and two 3rd place competitors.

Demonstration Team Competition (open to all Age Groups)

- Teams have 60 secs to set up and maximum 7 minutes to perform their routine.
- Teams will also be required to clean all boards and props from competition area after performance. Failure to do so will result in deduction of score.
- All boards will be demo boards.
- Teams must be 5 to 10 members.
- Teams must be in matching uniform/ attire.
- Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee, medical staff or staging director must approve any injuries that may need to be covered.
- Props that will be allowed include board holders, stands, (unsharpened weapons).
- Boards cannot be altered (For example, board fragments cannot be put on the top of the board, boards cannot be cut or bent to create an unfair advantage).
- Props not allowed include confetti, flammable material, food items (apple), glass/ fragile items that may cause injury, offensive, political or religious material.
- Holders must be team members only (no coaches or outside holders)
- Competitors will be judged on power, speed, control, flexibility, stance, focus, kihap, group presentation, rhythm, unity of team performance, accuracy, difficulty and creativity.
 - Judge 1: Scoring taekwondo spirit
 - Judge 2: Performance / Breaking routine/ difficulty
 - Judge 3: Penalties and missed/ fail attempts
- In case of a tie for 1st place a break off tie breaker will be conducted.
 - Tied teams will be given 3 demo board and 3 different team members will have 30 seconds each to attempt a break of their choosing with their holders.
 - Judging will be based on hand signals with the competitor that receives best out of 3 judges winning the tie break.
- Teams must provide their own music via usb drive and cd.
- Teams must provide their own boards and props which will be approved by tournament committee.
- Awards will be given only to the 1st, 2nd and single 3rd place Team.

Taekwondo Sparring (Gyoroogi) Competition Rules

USAT sparring rules will be followed with modified head contact rules. Refer to Head Contact attachment. (Tournament director/ chairman has the right to change the duration of round, rules, division size and official decisions of events without advanced notice and remove persons from event to ensure fairness, safety and good sportsmanship).

Winner of the match will be determined by electronic judging /scoring.

If a match is tied a sudden death round of 1 minute will occur with the first person to score winning the match.

Referees will reserve the right to adjust scoring for head kicks and deduct points for shots that were incorrectly scored in their judgment.

18-32 Black Belts: 3 rounds 1:30 minute each.

12-14 & 15-17 Black Belts: 3 rounds 1 minute each.

All other divisions: 2 rounds 1 minute each.

All divisions w/ 30 second rest period. Governor's Cup Weight Class based on current national weight classes: See USAT website for weight divisions.

Light head contact and JSR rules apply for all divisions with head contact except for: Black Belts 15-17 and 18-32 with regular head contact allowed.

In the event electronic scoring is disabled judges will score by traditional paper method or alternative scoring system.

Electronic Chest Guard use will be in the 10-11, 12-14, 15-17 & 18-32 year old Black Belt Sparring Divisions (Considered World Class Divisions).

Electronic chest guard threshold and settings will be determined based on weight and age.

Final settings will be determined by tournament committee for fair play, performance and safety.

Competitors may request to compete in older or higher belt rank division but must first request in writing 15 days prior to event and be approved by organizing committee.

Electronic chest guard will be provided by tournament committee. Competitors must provide own e-foot protector. E-foot protectors are required to compete in divisions using the electronic chest guards.

In case a competitor is the only person in his/her division exhibition match will not be guaranteed.

It is at the discretion of the tournament director to allow for additional matches based on competitor availability, time and safety.

Referee, Tournament Director & Medical staff will have the authority to end a match due to the safety.

Coaches, Master, VIP:

Coaches, Master and VIP you agree to understand and follow event rules:

1. Inappropriate behavior, verbal, physical harassment or abuse will not be tolerated.
2. Agree to submit to background check if coaching.
3. To coach with the goal of athlete development, goodwill, sportsmanship and safety of the athlete.
4. Follow event dress code (see registration packet).
5. If a athletes match is called and coach is not available (including due to coaching another athlete) athlete will complete without coach.

Competitors will need to arrive in the staging area to be placed into their divisions prior to their competition time. Event schedule is based on estimated completion time. Actual start of matches is determined on length of matches and number of competitors in each division. Schedule is liable to change. Please listen for announcements during the competition day. Competitors who are late may not be staged and disqualified. No exhibition matches will be given. It is at the discretion of the tournament director to allow for additional matches. Tournament Chairman and Director have the right to adjust divisions, duration of rounds, change method of scoring, electronic scoring system settings, implement point gap or point ceiling rule, determine if equipment does not meet event safety requirement or is considered a safety hazard, overturn outcome to ensure fairness, safety and sportsmanship. If a coach or competitor requests a change in score or results due to officiating they will be required to contest in writing within 30 minutes to present their case and evidence to the tournament director who will then determine the best course of action. This may include review after event date. Tournament director's decision will be final. We are all martial artists and have a responsibility to act and display the tenets of taekwondo. By attending, sponsoring or participating at the Washington State Governor's Cup Taekwondo Championship you have agreed to follow all the rules and regulations of this event and its organizers. You consent that any pictures furnished by me or any pictures or images of you in connection with the event can be used for publicity, promotion or video showing, and you waive all compensation in regard, thereto. In addition, you will not print, publish, post or rebroadcast any images, video or recording at the Washington State Governor's Cup Taekwondo Championship without the permission and written consent of the organizing party and committee and will agree to any penalties in unauthorized publication. No tripod or professional recording or electronic equipment will be allowed on the competition floor or stands without prior permission and must be removed if obstructing view or walkways. Contact us to make special arrangements if a participant or spectator needs assistance due to medical needs. The Organizing committee will do its best but does not guarantee all requests can or will be met. Organizing committee has the right to refuse application, entry or admission and remove person or persons from event and venue. This is a private event. These rules are not limited to the ones listed above and maybe added or altered by the tournament director and appropriate actions will be taken by the organizing committee to ensure fair play, sportsmanship and safety including removal from event or appropriate legal action. If you have any questions, contact the WA. St. Governor's Cup Committee and call Master Angie Lee at (360) 459-3661 or email wagovcup@gmail.com.